

### Abstract Of The Disclosure

This invention is a Self Spotting Safety Bench Press composed of an adjustable bench and uprights located on either side of the bench adjacent the lifters upper body. Lifting arms

5 extend from the uprights into the barbells pathway and have the ability to slide up and down to contact the barbell and decrease the weight exerted on the exerciser. Hydraulic cylinders provide force to each lifting arm, which is depressed below the barbells path before use.

When assistance is needed, the exerciser releases a hydraulic restrictor valve causing the arms to ascend removing a user-determined amount of weight from the barbell while permitting

10 the user to continue performing repetitions. A second restrictor valve can allow only upward movement should the exerciser fail. A third flow restrictor valve adjusts the rate of arm travel. An air charged hydraulic accumulator provides the hydraulic pressure to the cylinders.

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